



**Bernalillo County Fire & Rescue**  
**6840 Second St. NW**  
**Albuquerque, New Mexico 87107-6050**  
**(505) 342-7950 Fax: (505) 761-4247**

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### **Applicant Physical Fitness Test**

You will be required to pass a two-part physical fitness test. Part I must be successfully completed in order to proceed to Part II.

#### **PART I**

A timed walk of 3 miles on a flat and level surface track/path/road, carrying a pack that weighs 45 pounds. You will complete the distance in a time of 45 minutes and 45 seconds or less. You may not run or jog. The distance must be covered in 45 minutes and 45 seconds or less and one foot must always be in contact with the ground. You may not leave the course, or travel in any direction other than specified by the portion(s) of the test. Your pack will be weighed just prior to the start of the test and again upon completion of the course.

#### **PART II**

Modified Combat Challenge.

There is no time limit. All tasks must be completed satisfactorily and with no assistance. You will be in protective clothing, (coat, helmet and gloves), including SCBA pack and bottle and no breathing air. SAFETY is your #1 Priority!

#### **Phase #1**

Begins at the base of an erected and secured 24-foot extension ladder, to the third level window of a four level training tower. Climb a 24-foot extension ladder to the third level and enter through the exterior window opening.

1. Once inside, you will pick up a bundled 50-foot section of 2 ½ inch hose and carry the hose package to the fourth level through the internal stairway.
2. Place the 2 ½ inch hose bundle on the marked area (black diamond shape) of the fourth level and return to the ground level using the internal stairway.
3. Upon exiting the tower through the ground level door, you will retrieve a bundled 50 foot section of 1 ¾ inch hose from the marked area (black diamond shape), carry the hose bundle to the fourth level through the internal stairway and place the 1 ¾ inch hose package with the 2 ½ inch hose package in the marked area of the fourth level.
4. Go to the designated position on the fourth level. Hoist a 50-foot section of rolled 2 ½ “ hose, hand over hand from ground level to fourth level. Hoisting rope is not to touch the railing.
5. You will proceed to the third level and exit the tower using the 24-foot extension ladder. Proceed to phase #2 if all the above events have been completed correctly and approved by the Testing Officer.

#### **Phase #2**

You will report to the south side of the training tower.

1. Approach a 14-foot ladder, which will be mounted, on the wall of the south side of the training tower. The ladder will be adjusted so that the center of the ladder will be inline to your eye level.

2. You will grasp the 14-foot ladder by the center, lift the ladder off the mounts, place the ladder on your shoulder and carry it from the training tower to a marked area 100 feet away without allowing the ladder to touch the ground.
3. Once you have reached the prescribed area, reverse direction and return the ladder to the mounts at the training tower. Do not allow the ladder to touch the ground or any other object than the ladder mounts.
4. Secure the ladder on the mounts of the tower. Proceed to Phase #3 of the testing, if all the above events have been completed correctly and approved by the Testing Officer.

### **Phase #3**

Pick up a charged 1-¾ inch hose line and advance the hose 75-feet to a marked area (black finish line) and place the nozzle on the ground. The tip of the nozzle must clear the marked area. Proceed to Phase #4 upon correct completion and approval by the Testing officer.

### **Phase #4**

Dummy Drag

Drag a 175 lb. Dummy a distance of 50-feet. The dummy may be grasped in any manner and gloves may be used. The dummy may be placed on the ground to get a better grip or change drag style, but not for purposes of resting. You may not walk away from the dummy or fail to keep the chest erect during grasping or strapping. The dummy must be pulled across the finish line. Proceed to Phase #5 upon correct completion and approval by the Testing officer.

### **PHASE #5**

Kaiser Machine

You will use a mallet to move the strike block from a point even with the edge of the tray, to a point where the surface being struck moves to the middle of the arrow markers between the 10's. You may use any technique as long as your hands do not go beyond the red line towards the head of the mallet. Proceed to Phase #6 upon correct completion and approval by the Testing officer.

### **PHASE #6**

Ladder Climb

You will climb a 75-foot ladder. On reaching the top, you will lock-in using a ladder belt and perform a task given by the testing officer. Upon correctly completing this phase, the Testing Officer will inform you of your test status.

I waive any and all claims for injury or damage of any type against Bernalillo County Fire & Rescue, any member of its staff, employee, trainees, instructors or consultants, that may arise either directly or indirectly as a result of the Physical Agility testing. I recognize that it is my responsibility to determine if I am able to take the Physical Agility Test and I will not hold Bernalillo County, its staff, trainees, instructors or consultants liable for my failure to recognize, or my failure to notify them of any condition affecting my ability to take the Physical Agility Test.

I \_\_\_\_\_, have read and understand the above agreement.  
Print Name

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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